



## Parsnips: Nutrition . Selection . Storage

Nutrition information for parsnips and tips on how to select, store and prepare them. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

### Did You Know...

*Parsnips are sweetest after a frost. In Europe they were used to sweeten jams and cakes before sugar became widely available.*

#### How to Select

Choose parsnips that are firm and dry without pits. Smaller ones may be more flavorful and tender.

#### How to Store

Refrigerate parsnips unwashed in an unsealed bag for 3 weeks or more.

#### Nutrition Benefits

Fat free, cholesterol free, very low sodium, good source of vitamin C, folate and fiber.



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